90 Second Speech Checklist

1. Get the attention and interest of your audience by choosing one of the techniques below.
   (10 Seconds)
   □ Relate the topic to the audience
   □ State the importance of your topic
   □ Startle the audience
   □ Arouse the curiosity of the audience
   □ Question the audience
   □ Begin with a quotation
   □ Tell a story
   □ Tell a story

2. Reveal the topic of your speech to your audience.
   (10 seconds)

3. For the body of your speech, go into detail about your topic. Limit the body of your speech to 3-5 details/examples/steps.
   (60 seconds)

4. Conclusion
   (10 seconds)
Speak about what you would do with a million dollars.

Speak about what magical power you would like to have and why.

Speak about a time when you faced a challenge and how you overcame it.

Speak about your goals for the future. How will you achieve these goals?

Speak about the importance of “giving back to your community”

Speak about an adult that you admire. Share what qualities this adult has.

Speak about the importance of time management. How do you manage your time?

Speak about the best day of your life. Why was the best day?
Speak about the positive influence your parent(s) have had on your life.

Speak about a character trait that you value. Why do you value this trait?

Speak about something that you strongly believe in.

Speak about what college you are thinking about attending. Why?

Speak about a career that interests you. Give details about the career.

Speak about what your experience at school has been like.

Speak about how you can change a problem in society.

Speak about something that really annoys you. What are some solutions to this problem?
Speak about your best friend. What do you admire about this person?

Speak about a talent you have. How have you developed that talent?

Speak about something that is difficult for you. What do you plan on doing about it?

Speak about a current event in the news. How do you feel about it?

Speak about the challenges of being a teenager today. Give some examples.

Speak about which celebrity you would most like to meet. Why?

Speak about a fashion trend that you like or dislike. Why do you like/dislike it?

Speak about school lunches. What do you like/dislike?
Teach the class how to do something.

Speak about tips for presenting in front of a group.

Speak about why a college education is important in today’s world?

Pick a controversial issue. Share your feelings about that issue.

Speak about three things you would like to do before you die. Why?

Speak about your greatest accomplishment. What did you learn from it?

Speak about what you would change about your experience at school.

If you could be any superhero, who would it be and why?
Describe your perfect life. How do you plan to make this a reality?

Talk about something that was embarrassing at the time, but is now just funny.

What do you like to spend your money on?

What is something that you are passionate about?

What is one tip that you could share that would make school easier for a new student?

How do you stay organized?

Describe the best vacation you ever had.

What is your idea of a perfect vacation?